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MWR Hosts Fall Fest
-Page 4

U.S. Navy photo by Petty Officer 2nd Class Hank Gettys

President's Column

By Dr. Richard W. Thomas
President, Uniformed Services
University of the Health Sciences



At the Uniformed Services University of the Health Sciences (USU), readiness is at the core of everything we do. USU is in the health readiness business. Our students must be prepared to practice excellent health care anywhere the mission requires.

Last week, USU completed our annual two-week medical field practicum, Operation Bushmaster, at Fort Indiantown Gap, Pa. This was a capstone event for our fourth-year medical students. It culminated what they've been learning in the classroom, while challenging their knowledge of military medicine, and preparing them to grow as future leaders for the military health care system. While patient care was a significant part of this training, it was also a perfect example of what medical readiness really means.

Prior to going to the field at the Army National Guard training base near Harrisburg, Pa., USU students went through an arduous, two-week Military Contingency Medicine course. During this time, they were presented with an operational problem and went through the planning and preparation for deployment to a notional country, "Pandakar," that they were told was facing challenges from rebel forces.

Once in the field, students were given scenarios, then planned and executed missions, while simultaneously caring for casualties. They constantly faced unfolding situations, around the clock, dealing with casualties ranging from fatigue to gunshot wounds. They were given scenarios involving widespread disease outbreaks, emergency care of injured military working dogs, and improvised explosive devices, while having to triage wounded patients, arrange for their evacuation, and care for them in flight. As we do every year, in our constant efforts to maintain readiness, we made this as realistic as possible – simulating the sights and sounds of combat. It was extremely demanding, but also very rewarding to see USU students learning to care for those in harm's way.

Our faculty poured countless hours into making sure the training exercise was a success. Our first-year medical students also participated, donning "cut suits" and moulage, acting as casualties with a myriad of injuries or illnesses. USU Graduate School

of Nursing students participated, too, along with international military medical officers from Israel, the United Kingdom, Mexico, France, and Canada. We had nearly 500 personnel, putting into play more than 2,000 patient scenarios. This effort could not have been accomplished without our alumni around the country, and our MHS partners, including our colleagues at the Walter Reed National Military Medical Center, and nearby at the Walter Reed Army Institute of Research and Fort Belvoir Community Hospital. We also had support from several active duty and reserve units throughout the mid-Atlantic, including Marine Corps Base Camp Lejeune and the Pennsylvania Army National Guard.

With innovative training like Operation Bushmaster, combined with our many outstanding education and research efforts here at USU, we will continue to ensure that our students are prepared and ready to support our nation's military forces anytime and anywhere.

Bethesda Notebook

Prostate Cancer Care

Dr. Camille Williams will discuss "Radiation Therapy Treatment Options for Prostate Cancer: Understanding the Basics" on Nov. 3 from 7 to 8:30 p.m. in the America Building, second floor, room 2525 at Walter Reed Bethesda. The presentation will be shown by video teleconference at Fort Belvoir Community Hospital in the Oaks Pavilion, first floor, room 332. Military ID is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Holiday Safety Training

Mandatory holiday safety training for all Walter Reed Bethesda staff members is scheduled for Nov. 8-9. Staff members need to attend one half-hour block of instruction beginning at 5 a.m. in Clark Auditorium and 5:30 a.m. in Memorial Auditorium. Training is held every hour until 4 p.m. in Clark, and every hour until 4:30 p.m. in Clark. A CAC ID is required for sign-in as proof of attendance. For more information, call 301-295-5733.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

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Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Jeremy Brooks
Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor PO3 William Phillips
WRNMMC Editor Bernard Little

Writers

- Andrew Damstedt
- PO2 Hank Gettys
- PO1 Christopher Krucke
- Joseph Nieves
- Jamie Petroskey
- Sharon Renee Taylor

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
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NSAB Chaplain's Office	301-319-4443
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NICoE, VA Partner to Highlight “Unmasking the Trauma of War” Exhibit

By Caroline Acton, National Intrepid Center of Excellence

The National Intrepid Center of Excellence partnered with Veterans Affairs National Center for Ethics in Health Care Oct. 6 to host a ceremony showcasing a NICoE art therapy mask exhibit at the VA Headquarters in Washington, D.C.

The exhibit, “Unmasking the Trauma of War,” includes several paper-mâché masks created by patients who have come through the NICoE program, and provides a forum to see and learn about how art therapy benefits the type of patients seen at the NICoE – enabling “visibility” to what has been described as “the invisible wounds of war.”

“The masks provide a glimpse into the inner experience of what our service members returning home deal with,” said Dr. Carolyn Clancy, Deputy Under Secretary for Health for Organizational Excellence, Veterans Health Administration.

“The exhibit represents the VA’s long-standing collaboration with the Department of Defense.”

Dedicated to improving the lives of patients and families affected by TBI, the NICoE employs a unique, holistic approach to clinical treatment by using interdisciplinary teams and integrative medicine, including creative art therapy.

“Unless you treat the mind and body, you can’t be successful in treating the needs of your service members,” said Dr. Louis French, Deputy Director for Operations at the NICoE, elaborating on the use of Creative Arts Therapy at the NICoE. “We try to learn as we treat, and as we use more interventions, we try to learn how [they] work and why [they] are successful.”

NICoE art therapy sessions may include a mask-making activity, where patients explore different

See **UNMASKING**
Page 6



PHOTO COURTESY OF THE VETERANS/AFAIRS NATIONAL CENTER FOR ETHICS IN HEALTH CARE

The National Intrepid Center of Excellence partnered with the Veterans Affairs National Center for Ethics to unveil an art therapy mask exhibit, “Unmasking the Trauma of War.” Dr. Carolyn Clancy, VA Deputy Under Secretary of Health for Organizational Excellence speaks to attendees at the event Oct. 6.

Oral Health: Keep Your Mouth Looking Young

**By Sharon Renee Taylor
WRNMMC Public Affairs**

Some people associate dentures and losing teeth to aging, but that doesn’t have to be the case for everyone. A well-balanced diet and good, consistent oral hygiene will keep your mouth young and healthy, according to Navy Capt. (Dr.) Kevin T. Prince, Chief of the Department of Dentistry at Walter Reed Bethesda.

“That’s one of the most critical things when you talk about oral health—what you’re consuming,” the dentist of more than two decades observed. Consuming a healthy, well-balanced diet means not eating a lot of processed food and sugars. Add more vegetables and fruit to your daily diet.

Bacteria in the mouth feeds on the sugar that we consume, Prince said. “The by-product is an acid that erodes your teeth, gums and the bone around your teeth.”

Tooth decay can develop at any age; it’s not just for children.

Dry mouth is a common concern for older adults, but the decrease in saliva that keeps the mouth moist and maintains a healthy environment inside your mouth is not a natural part of the aging process. There are a number of causes for the condition; one common cause can be the medications that you are taking. Prince explained that dry mouth can often result as a side effect of including antihistamines, antidepressants, decongestants, painkillers and diuretics.

Gum disease is another illness that doesn’t have to be a part of growing older. It’s more habit-related

than age-related, said Prince.

Periodontitis is a severe form of gum disease that causes the gums to pull away from teeth with subsequent bone loss and root exposure, which can eventually lead to tooth loss. Prince said when the roots of teeth are exposed the exposure makes us more susceptible to tooth sensitivity and root caries, or cavities along the root.

Again, eating a healthy well-balanced diet and maintaining good oral hygiene throughout your lifetime will reduce your risk of gum disease and cavities (tooth decay), he explained.

“That means brushing regularly, hopefully twice a day, flossing on a regular basis, and consuming a well-balanced diet low in sugar. These habits are critically important to maintaining both good oral health and overall health,” Prince said.

Prince said there’s no special medicine for a healthy mouth; just go back to the basics. He suggested using a soft bristle toothbrush with a rounded-head.

“Poor oral health and many of the diseases that manifest in the mouth have been linked through research and clinical findings, to a number of systemic diseases and conditions such as bacterial endocarditis, diabetes, HIV/AIDS, Sjogren’s syndrome (an auto-immune disorder that causes dry mouth and dry eyes), head and neck cancers as well as many other conditions,” Prince said. “The research continues and everyday modern medicine is making the connection between oral and systemic health.”

Occurrence of oral cancer rises significantly for tobacco-users (smoking, dip, chew, and other

smokeless tobacco) as well as those with an increased usage of alcohol, according to the dentist.

“During a check-up, I’m looking at more than your teeth. I’m looking at your tongue, under your tongue, your inner cheeks, your hard and soft palate, your facial symmetry and more, checking for anything that does not look normal,” Prince said. “Just because you have white teeth doesn’t mean your mouth is healthy.”

There are diseases and infections that occur in the mouth that will appear in other parts of the body, he said. Dental infections that go untreated spread and worsen. These infections need to be treated aggressively.

Is there any way to recover/turn around oral damage that’s been done? Is there anything an aging person, or anyone, can do to improve their dental health?

The Navy dentist repeated the two most important steps to improve dental health: first, eating a healthy well-balanced diet low in sugar and processed foods; and second, performing consistent oral hygiene.

The National Institute of Dental and Craniofacial Research says older adults, you can keep a mouth “young” by:

- Brushing teeth twice a day (with a fluoride toothpaste)
- Flossing regularly to remove plaque from between teeth, or use a device such as a special brush or wooden or plastic pick recommended by a dental professional
- Visiting the dentist regularly for a check-up and professional cleaning

MWR hosts Fall Fest

Photos by PO2 Hank Gettys and PO3 William Phillips
Morale, Welfare and Recreation (MWR) hosted a Fall Fest at the MWR Sports Complex Oct. 25. Many children and adults dressed as some of their favorite characters at the festival, which included food, games, face and gourd painting, a petting zoo, pony rides and more.



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Photos by PO2 Hank Gettys and PO3 William Phillips
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NPDS Prosthodontic Seeks Applications

From Naval Postgraduate Dental School
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UNMASKING

From
Page 3

ways of processing and communicating their trauma and experiences with the help of credentialed masters-level art therapists.

Describing her work with TBI patients, NICoE's Certified Art Therapist Melissa Walker said, "It's amazing to see the transformation that can occur in a patient's outlook and recovery through art therapy. Art can serve as a bridge to span the gap between trauma and communication and expression."

Rusty Noesner, a former U.S. Navy SEAL and former NICoE patient, also addressed the group about his personal experiences with art therapy and how he brings similar success to

veterans struggling with TBI and psychological health conditions. After returning home with a TBI from heavy combat operations in Afghanistan, Noesner said he was reluctant to try art therapy for the first time.

"Art? Feelings? I don't think so," he said, "But I quickly learned how wrong I was."

Noesner's experience at the NICoE impacted him so significantly that he felt driven to carry on what he learned at the NICoE to help fellow veterans transition back to civilian life through a nonprofit organization he founded.

"Melissa is on the front lines of this," Noesner said, "She is encouraging and inspiring veterans to explore new parts of themselves."

Noesner believes those with TBI and psychological health trauma

have to unravel and process what they went through, and how it changed them, in order to become themselves again.

Breaking down the stigma of mental health conditions is critical to the program, he said. The key, he added, is to "keep what you have but start to grow again."

More than a thousand masks have been created at NICoE since its doors opened to patients in 2010. The painted paper-mâché masks in the exhibit represent three categories: split sense and duality of self, patriotism, and psychological and physical pain, and will be displayed in the lobby of the VA Headquarters through Oct. 28, 2016.

Learn more about NICoE at: <http://www.wrnmcc.caped.mil/NICoE>.

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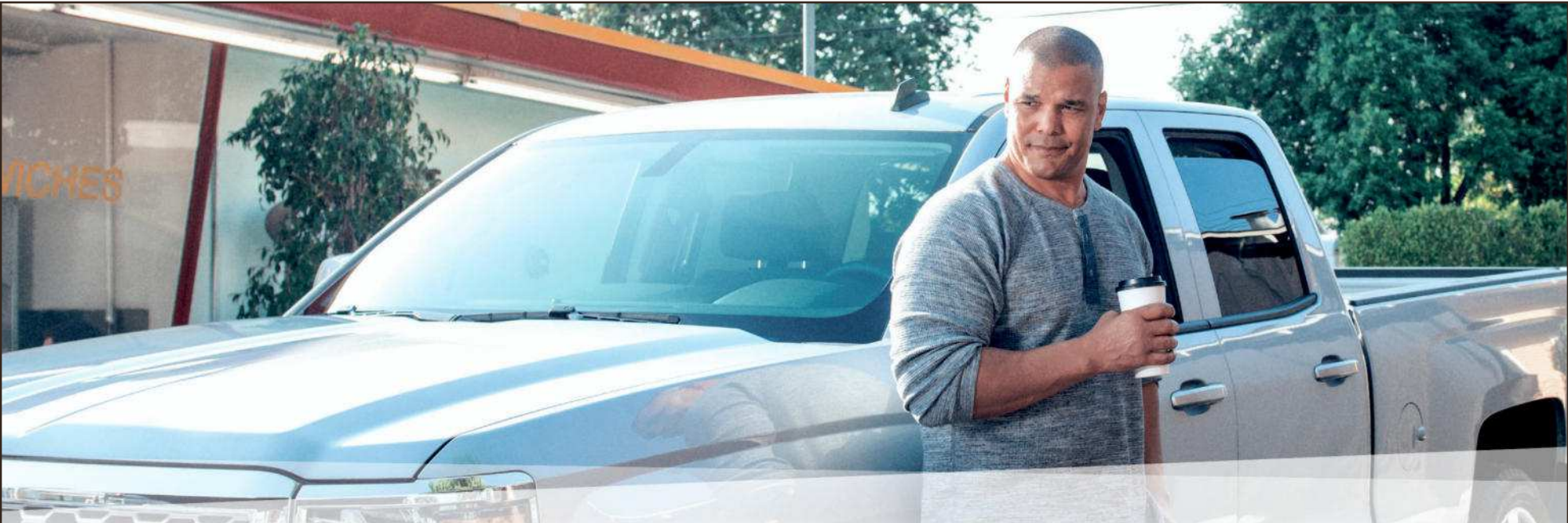
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